

Tag	Datum	Uhrzeit	Angebot	ÜL	Raum	
1. Woche	Mo	14.10.	09.45-10.45	Body Light Workout	Maria	Gym 2
			11.00-12.00	Seniorengymnastik	Maria	Gym 2
			17.00-18.00	KAHA	Gabi	Gym 1
			18.00-19.00	Wirbelsäulengymnastik	Nadine	Gym 2
			19.00-20.00	Pilates	Steffi	Gym 1
			19.00-20.00	Flexibar Fitness	Djura	Gym 2
			20.00-21.00	Cross Workout	Marius	Gym 2
			19.00-20.00	Zumba	Kim	Haus Nidda Saal
	Die	15.10.	10.30-11.30	Mama Fit-Baby mit!	Nadine	Gym 1
			17.00-18.00	Zumba Gold	Gabi	Gym 1
			18.00-19.00	Rückenfit	Maria	Gym 2
			19.00-20.00	Fitnessgymnastik BBP	Maria	Gym 2
	Mi	16.10.	09.30-11.00	Bodystyling	Conny	Gym 2
			10.00-11.00	Zumba Gold	Kim	Gym 1
			11.00-12.00	Demenzgruppe	Conny	Gym 3
			18.00-19.00	QiGong	Gerda	Gym 2
			19.00-20.00	Fitnessgymnastik Frauen	Nadine	Gym 2
			20.00-21.30	Yoga	Dagmar	Gym 1
	Do	17.10.	09.00-10.30	Fitbalance	Conny	Gym 2
			09.30-11.00	Yoga	Serap	Gym 1
			10.30-11.30	Seniorengymnastik	Conny	Gym 2
			18.00-19.00	Zumba Gold	Gaby	Gym 1
			18.00-19.00	Faszienfitness	Tina	Gym 2
			19.00-20.00	Pilates	Steffi	Gym 1
			19.00-20.00	Fitnessgymnastik	Elisa	Gym 2
			20.00-21.00	Step Aerobic	Elisa	Gym 2
	Fr	18.10.	10.00-11.00	Aktiv bis 100	Nadine	Gym 1
			17.00-18.00	Tabata Training	Patricia	Gym 2
18.00-19.00			Fitnessgymnastik	Nadine	Gym 2	
So	20.10.	10.00-11.30	Yoga	Janina/Dagmar	Gym 1	